

# **How to attain Barakah( from only Allah)**

## **Part 2**

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“Your writing is both inspirational and motivating...”

Halima Sarki

Abuja Nigeria

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## **Introduction**

### **Bismillahirrahmaanirraheem**

In The Name of Allah, The Entirely  
Merciful, The Especially Merciful

This is a book about How to attain  
Barakah( from Allah)- Part 2- by the  
will of Allah.

Source: Madrasatuna

**Text(Matn)**

## **Bismillahirrahmaanirraheem**

In The Name of Allah, The Entirely  
Merciful, The Especially Merciful

Alhamdulillah wassalaatu wassalam  
'alaa Rasuulillah

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement



To proceed

BARAKAH

Barakah does not exist in anything except that it is increased beyond normal expectations.

If you are endowed with Barakah, you will accomplish a great deal in

less time, achieve more with little/no resources, and endure laborious activities with minimal effort.

How does one attain Barakah?

Here is the second way to attain Barakah:

Purify your intention

Sincere intentions increase the reward of deeds exponentially.

The Prophet ( ﷺ ) said:

“Deeds are based on intentions, and everyone will be rewarded according to their intentions.”

[Muslim]

What's more, good intentions can turn normal day to day tasks into mountains of reward.

The Prophet ( ﷺ ) said:

“When a man spends on his family, HOPING FOR REWARD, that is (counted as) an act of charity for him.”

[Bukhari]

Don't you not want to be rewarded  
for engaging in something as  
relaxing as sleeping.

Did you know that if you go to sleep  
with a good intention, you will be  
rewarded?

Mu'adh ( رَضِيَ ٱللَّهُ عَنْهُ ) (one of the  
most knowledgeable Companions of

the Prophet) ( صَلَّى ﷺ ) said:

“As for me, then I sleep and then get up. I sleep seeking Allah's reward for my sleep just as I seek His Reward for my standing (in the night prayer).”

[Bukhari]

This is a wide door of opportunity that extends beyond shopping and

sleeping. It includes every Mubah (allowable) activity, such as eating, drinking, talking, exercising.

May Allah guide us all Ameen

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

**Bonus**

**Bismillahirrahmaanirraheem**



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To proceed

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To proceed

Quick fix: short term solution

Take 5-HTP every now and again

Caution: Don't overdose and don't  
take too frequently to avoid adverse  
effects

Note: It is better for purity of body  
and mind to take the vegan  
alternative

Or if you are really a travelling  
health seeker or prolific health  
researching activist, get your hands  
on the actual fresh, organic *griffonia*  
*simplicifolia*; learn how to make  
effective/ safe use of it, before you  
proceed to far.

And even further to that, plant it  
yourself and grow it

Long term: Permanent solution

Sequence of Steps one can take:

1. Ask your Creator( Allah for  
guidance)

2. Learn about your Creator( Allah)  
from the authentic Islamic sources:  
i.e. The Quran, authentic narrations  
of the Prophet( Peace be upon him),  
according to the understanding of  
the Companions( May Allah be  
pleased with them) of the  
Prophet( Peace be upon him)

3. Submit to your Creator Allah  
completely( as His completely  
submitting, thankful and  
worshipping slave);

a. In His Lordship

b. In Worship of Him alone( not associating any partners at all with him in any shape or form), in the manner that He legislated( in His speech- the Quran, and on the tongue of His Messenger- peace be upon Him- who only spoke by revelation)

c. In His Names and attributes

4. Take ablution( ritual cleansing wash performed before prayer)

5. Learn all the issues concerning the Salah( it's jurisprudence/ understanding)- i.e. it's conditions, prerequisites, it's inner dimensions, the meanings of all that is said in the salah etc etc



6. Be sincere and always ask Allah for sincerity

7. Pray a prayer, having no concern but Allah, and no concern for anything else nor what is outside the prayer. A prayer where you don't intend to come out of it until your Rabb is pleased with you and you

meet him; with all humbleness and  
submissiveness

8. In that state, stay in the prayer for  
as long as you need to, imploring  
your Rabb for guidance, help,  
support and all goodness of this  
world and the hereafter, especially  
during prostration(sujood)- keeping  
to the guidance of the  
Prophet( Muhammad- Peace be upon  
him)

9. Don't leave the presence of your Rabb until you have attained the khair( good) of what you were seeking- by His permission

10. Wa allahu A'lam/ And Allah knows best

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

## **Bonus Chapter**

### **Parables Part 1**

#### **Bismillahirrahmaanirraheem**

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To proceed

## **1. Parable of the Pixel**

In general, people are like pixelated images; when you zoom out, their image appears complete. But when you zoom in close enough, you start to see pixelated bits/ dots of their character, and at times, even hidden messages that are not congruent with their zoomed out image

## **2. Parable of the nomad**

There are places in this dunia, that are not suited for everyone to attend( to their illusionary pastures), except by those creation( of Allah), who He alone knows have the ability( by His permission), to operate their

## **3. Parable of the hypocrite**

There exists people in this dunia  
that; in order to build you, they seek  
to first break you;

A concept not farfetched from  
reality, as how else would they  
release their  
shayaatiin( companions), without an  
opening( of misplaced trust)

#### **4. Parable of the inverted signpost**



In this day and age, if a person links you to insanity, what they are telling you is that they would not be able to benefit you( in that particular issue), *in ipso momento*<sup>1</sup>.

May Allah guide us all Ameen

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## **Bonus Chapter**

### **Knowing Allah Part 8**

#### **Bismillahirrahmaanirraheem**

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To proceed

All Allah's actions originate with perfectness because they originate from His names and attributes, which are themselves perfect.

His actions are linked to His will and decree.

Allah was and always will have His names and attributes i.e. creating.

He speaks when He wills

He remains a Creator even when He does not create.

He is a provider even when He ceases to to provide.

He possesses the attributes of His actions although He may choose not to act.

When He speaks or creates, it does not mean that the speech or creating attribute came into being when they were “inaccessible to Him”.

These are very important matters

11. The names comprise no evil

In a Hadeeth; du’a prophet made: all good is in your hand and the evil is

not imputable to you. I am by you  
and to you, blessed are you the  
exalted.( Muslim)

Sheikh Islaam Ibn Taymiyyah:

There is no name which Allah  
has( beautiful names) which  
comprises evil, it is however (evil) in  
relation to the object

(Note:) Sheikhul Islaam: title- elder  
of Islaam, honouring Islamic scholars  
of high standing.

Ibn Taymiyyah Ahmad ibn 'Abdul  
Haleem Ibn 'Abdul Salaam ibn  
'Abdallah ibn Abul 'Abbaas  
faqhihuddeen Ibn Taymiyyah

Born in Harraan, Nothern Iraaq, in  
661H, 1263AD

(He) grew up in Damascus Syria



(He) mastered various disciplines of  
Islamic knowledge

Against ( the) tartars in Syria, he  
fought

He was imprisoned in Syria and  
Egypt

He died in 728H/ 1328 AD

He died in prison due to his writings  
against innovations

May Allah guide us all Ameen

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## **Bonus Chapter**

### **Bismillahirrahmaanirraheem**

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To proceed

## **Brief Introduction**

I was born in Uganda, in Kampala,  
the capital city. My  
Father( rahimahumullah·) died when  
I was around 2 years old. I was  
raised an orphan by my Mother's  
family, who are majority Christian

## **The Religion Classification Conundrum**

However much I try to explain to  
individuals about my religious  
background, the majority have still

not understood it: Let's just say, I am 4<sup>th</sup> generation of Muslims from my Genealogy, and I was raised in a Christian household...that is the best summary I can give.

## **Need for attention**

Ever since I was a child, I've always either been the centre of attention, or Allah has still provided me with an individual or individuals to fulfil certain emotional, spiritual needs etc

## **The Emotional Deficit Conundrum**

As I was approaching my current age, I came across certain individuals and groups that thought they would force an unfuelled/unenergised car to drive, moreover around the world and back( metaphorically speaking)...an impossible feat, to all those who have intellect

Even if we go with the argument about electrical cars etc, then each vehicle with it's fuel/ energy type or in whatever combination, requires it's specific amount of it, preferably at the optimum combination for that vehicle to even attempt to perform to at least a satisfactory standard; not even having gone into the other many variables within the full structure of the car...So, now we enter the world of Holistic living



## **Search for the truth**

The beginning of holistic living,  
search for the truth, re-encounter  
with Islaam, Islamic Orthodoxy and  
eventually Orthodox Islamic  
Spirituality, Peace, Contentment and  
Forever Thankful to My Creator, Allah  
Subhana Wa ta 'aala.

Allah guided me to eventually make  
Hijra to a land far from where I was

raised, as I went out in the search for independence, meaning, success and consequently, for the purpose of life.

Eventually, Allah allowed me to find my life purpose, of being solely and purely in the worship of my Creator, and hence I am here today, sharing my experiences and most importantly my gratitude to Allah for guiding me to Islam, Orthodoxy, the balanced religious path and beyond

Alhamdulillah

May Allah guide us all Ameen

## **Return to Africa**

My return to Africa was one of intense emotional experiences, spiritual happenings and miraculous events

## **Salvation**

Given the many Brits and Western-raised individuals that return to Africa, and never come back alive...my return back to Leicester from Africa, was not short of miraculous, for lack of a better term

## **Looking forward**

Worshipping Allah till death should be our main goal, if not our only goal, as well as fulfilling all our obligations towards Allah, all our contracts and most importantly, our main/ only eternal contract of “Laa illaah illallah”/ There is no deity worthy of worship, in TRUTH, Except ALLAH

May Allah guide us all Ameen

Refer to my other books for further  
life reflections etc

May Allah guide us all Ameen

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salutations and peace be upon the  
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# **Bonus Book 1: The Spiritual Restroom**

## **Bismillahirrahmaanirraheem**

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him until the day of Judgement

To proceed

## 1. The Spiritual restroom

There is a place you must frequent  
multiple times a day, but at least  
once to keep spiritual fluidity; This  
place is called the spiritual restroom.  
Just like a physical restroom, you



must purify yourself regularly, of spiritual filth; anger, hatred, hasad/ jealousy, lack of forgiveness, laziness, indifference, lack of mercy etc. Just like physical restraint from the restroom leads to compromise of your well-being/ 'afiyah, in general, likewise, lack of regular spiritual cleansing causes multiple blockages in your spiritual channels, thus causing one to not be correctly connected to His Rabb/ Creator/

Allah Subhaana wa ta 'aala, and the Creation around Him. This causes incongruity in all of one's relationships( Divine or terrestrial), leading ultimately to permanent spiritual sickness, and ultimately; spiritual death.

May Allah guide us all Ameen

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His

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## **Bonus Book 2: Infinite Tears of Salvation**

### **Bismillahirrahmaanirraheem**

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Companions and all those that follow  
him until the day of Judgement

To Proceed

1. Not everyone in this world is  
happy. Press the reset button  
continuously. Don't despair, don't  
lower your self, don't argue, don't  
fight without clear instruction from

your Rabb/ Lord/ Creator. Be good and stay firm upon the right path.

2. Levitate( spiritually over the negativity of others). Never enter the abyss of negativity, as the path back up is filled with Shayatin/ Devils from mankind and Jinn, that never tire nor wish good for you, and who have funding in time, finance, resources, to keep you permanently down and dejected, and to ultimately remain( in torment of you)

forever i.e. until you are all flung into the hell-fire jami'an/ altogether.

3. Invest all your time in seeking a path to your Rabb/ Creator/ Lord, knowing Him, getting close to Him, and always remaining in His remembrance and being unwaveringly watchful of Him/ Muraqqabah

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

## **Bonus Book 3: Overcoming Negative Emotions**

**Bismillahirrahmaanirraheem**



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Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed

1. The best way to fight anger and negative emotions/ feelings is to just let go of it

2. Without conflict, we wouldn't be able to separate the real sheep from the deceitful wolves

3. Patience is like a bitter herb, whereas above that is shukr which is

as sweet and as fulfilling as pure  
unadulterated honey

4. The more you have to work for  
something, the sweeter the internal  
enjoyment is, at and beyond that  
things innate threshold of  
success( by the will, permission and  
command of Allah)

5. Just like business, you can not build a successful Emotionally Positive Enterprise in one day

6. To be a lover, you must love, otherwise, even the one full of hatred may at times positively emerge from their constantly negative bouts of emotion

7. Be like an infinitely( I.e. tending to) stretching rubber band; that way after negative ephemeral forces let

go of you, by way of whispering  
coercions( and otherwise- as in the  
case of human Shayaatin/ devils),  
you always bounce back to your  
positive centre. Most importantly,  
always remain connected to your  
core principles, values and beliefs

8. Silence in a state of anger, will  
save you an eternity of regret

9. Be patient. Take life slowly and gradually as it capitalizes( by the will of Allah). No sane individual is known to eat a raw grain of rice directly from a cooking pot before the contents of the pot boil and soften; we are not chickens, so behave like a human and patiently wait for success at its due time

10. Life is a journey, but most importantly a process; Have your positively ephemeral and divine goals and just enjoy the speed

bumps on the way. Whatever you do,  
DON'T RUSH/ DON'T BE HASTY

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

## **Bonus Book 4: The Spiritual Sea Bed**

### **Bismillahirrahmaanirraheem**

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'alaa Rasuulillah

All praises be to Allah and  
salutations and peace be upon the



Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed

There is multiple spiritual platforms  
within you that you can use( at any  
time) to access everything you ever  
wanted and dreamt of( ONLY by the,  
will, permission and command of  
Allah); the only way you can access

these multiple platforms of varying depths, some of which tend to infinite, is to completely, wholeheartedly and unwaveringly submit yourself( body, heart, soul, mind emotions) to Allah/ Your Creator 'Azza wa Jal( Who is an entirely separate Entity to any of His Creation, High Exalted is He above all that they associate with Him as Partners)

May Allah guide us all Ameen

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## **Bonus Book 5: Life Advice 1**

### **Bismillahirrahmaanirraheem**

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Prophet Muhammad, His Family, His

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him until the day of Judgement

To Proceed

1. Never argue with anyone, never  
judge anyone, never look  
down on anyone. Pray for yourself,  
and pray for everyone

2. Forgive yourself and forgive everyone for the sake of Allah. Have a clean slate. Only love what Allah loves, and only hate what Allah hates

3. Never use your desires in the affairs of religion

4. Everything in this world has a purpose. Learn to accept the reality of life, prey to your Rabb and use

your energy to better yourself and  
pray for others

6. Be positive, be cheerful, always  
smile, and  
religion never judge( according to  
your desires)

5. Take care of the relationship with  
your Creator, and The Creator will  
take care of the relationships with  
the Creation( in whatever form)

6. Be positive, be cheerful, always smile, and never judge( according to your desires)

7. All that is in your life is good for you. Make good use of your blessings immediately, as you never know when your blessings will be taken away from you

8. Be positive, never hold grudges for the sake of yourself or creation.



Only connect yourself with Allah, and  
NEVER to the creation

9. The Devil wants to trick you. Seek  
refuge in Allah from the devil, seek a  
way to your Rabb/ Lord/ Creator

10. Endure, be patient and keep on  
praying

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
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**Bonus Book 6: Poetic  
Statements for my Love**

## **Bismillahirrahmaanirraheem**

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'alaa Rasuulillah

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To proceed

## **Poem 1**

If I had to trade the whole world and  
it's shimmering, glimmering beauty  
to enter paradise with you as my  
wife, I would and I have,

I would walk to the moon and back  
just for your companionship in  
Jannah, and I have.

I would sacrifice my money for our  
companionship, and I have,  
with the little I can afford.

If I could be with you now to wipe  
your tears and be a shoulder to cry  
on and a pillow to lay on, I would,

and you know I would...I love you  
and always will

## **Poem 2**

If I ever knew

If I ever knew I had to climb one  
giant mountain to earn your worldly  
love, I would say make it two

If I ever knew there would be a day  
without me speaking with you,  
I would filter my speech and think  
about what I said to you,  
momentarily, through and through

If I ever knew I would cause a drop  
to fall from your eyes, being a  
reflection of the pain I would cause  
you,

I would plea with my Rabb to  
summon the sea to cool your  
frustrations,

I would ask my Rabb to  
hasten His mercy upon us, positively  
regenerate my thoughtless remarks,  
purify my heart and make my soul  
renewed



And if I knew there was a day I might  
lose you, I would trust in my Rabb,  
and pray to him ardently to diverge  
this calamity from the Qadar towards  
the Qadar,  
So I may forever be with you

## Poem 3

The wind that blew

Oh what sorrow, when I lost you,

Amongst the souls lined up with

Prophet Adam,

Me and you intermingling spiritually

with one another,

Then it was just then, it was like the  
wind blew

Separated on Earth through lineage,  
searching through the worldly  
rubble, looking  
only for you

Until I found my soul mate once  
again, rejoined, realigned, rekindled,  
a friendship we remembered once  
anew

And that's when it happened again,  
suddenly it was like a wind just blew

## **Poem 4**

How I long to hold you in my arms,  
and tell you it will all be okay.

How I long to have you by my side,  
fingers gently interlocked,

And tell you do not be afraid,

Not because of your lack of

Taqwa( of Allah),

But the permissible fear of losing  
one another through the plots of  
Shaitaan, and the realisation that  
yes it is all alright...

As I stand face to face with my Love  
in Jannah ,  
gazing eternally into your eyes

## **Poem 5**

Worldly death would be sweeter for  
me than even an atoms thought of  
the possibility of losing such a

priceless gem like you, of which no proficient merchant would be able to purchase, however much they perfected their trade, and however many worldly days they would toil.

You are special, not just because I think so, but because you are a special blessing from Allah, of which no human word could do justice...  
How I wish to wake up in Jannatul Firdaws with you by my

side(forever), only to realise that the  
worldly turmoil was all but just a  
dream...♥

\_\_\_\_\_END\_\_\_\_\_

May Allah guide us all Ameen

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salutations and peace be upon the  
Prophet Muhammad, His Family, His



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## **Bonus Chapter**

Bismillahirrahmaanirraheem

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To proceed

Through the distresses of  
homelessness on the streets of  
Nigeria...

That's when it happened...

A figure appeared in front of me at a  
distance, walking and guiding me  
out of possibly approaching trouble  
and turmoil...

I looked directly behind me, and another figure in the form of a brightly shining star could hardly be made out.

I then continued to follow the figure in-front, until we reached the famous junctions/ crossroads within central Abuja area.

As the figure began to leave and disappear never to be seen( Wa Allahu A'lam) again, it made a

gesture of takbir as it left, as one would do as they are starting their Salat/ Prayers to Allah.

As I did not have much provisions, let alone access to a clock/ the time etc, I figured it was the time for fajr prayer.

So, due to extreme fear, lack of provision and safety, plus adding the dangers I encountered( and that

momentarily surrounded me) on the streets of Abuja ( as a homeless person), and the need to fulfil my Creator's command, of praying my Fajr/ morning prayer, I immediately made takbeer and started the prayer.

A Muslim must not look to his sides or move around in his prayer, once it commences.

However, as I concentrated on my prayer( Wa Allahu A'lam), I could see at the corner of my eyes, figures on the left, and figures on the right. The figures were aligned on both sides of me, in prayer formation; in the form of clear, dark shadows.

Once I completed my prayer and was in the process of giving tasleem/ the ending of the prayer, the figures disappeared...

I was back again, confronted with  
the reality of my temporary  
homelessness, on the streets of  
Central Abuja, Nigeria.

Wa Allahu A'alam

May Allah guide us all Ameen

All Praises belong to Allah

And The Peace of Allah be upon the  
Prophet Muhammad, his family,



companions and all those that follow  
him till the day of judgement

May Allah guide us all Ameen

## **Bonus Chapter**

May Allah guide us all Ameen

May Allah forgive us all with a  
complete forgiveness and pardon us  
with a complete pardoning Ameen

May Allah allow us to be completely  
thankful for the abundant favours  
that He has bestowed on every one

of us...in our family, our selves, our  
property and every other provision,  
(however small we deem it to be  
and) whether we know it or not  
Ameen

May Allah allow us to be thankful for  
the gift of life, the gift of well being,  
the gift of breathing, the gift of life-  
sustaining air, the gift of organ  
balance Ameen (without which we'd

be in a constant and perpetual state  
of excruciating pain)

May Allah allow us to be thankful for  
exactly where he placed the sun, the  
moon, and their exact phases

Ameen (of which any slight  
discrepancy would render the  
worldly weather unlivable for us,  
unbearable and sleep would be  
impossible)

May Allah give us guidance and  
protection Ameen (lack of which we  
would never find the path of  
righteousness and safety)

May Allah give us abundant, never  
ending good provision, blessings one  
after the other, never ceasing  
Ameen

May Allah allow us to be thankful for  
all the never ending blessings he  
has given us Ameen

May Allah allow us to be thankful for  
what we He has bestowed upon us of  
knowledge Ameen

May Allah increase us in beneficial  
knowledge Ameen

We ask Allah by His greatest names,  
by His being Al Hayyul Qayyum,  
Allah, Allah Ahad Allahussamad lam  
yalid walam yulad wa lam ya kun  
lahu kufuwan Ahad, ArRabb, Al  
Mu'tii, Al Baasit, that he guides us,  
unites us upon the khair, forgives us,  
that he has mercy upon us and gives  
us Jannatul Firdaws Ameen

We ask Allah by His name  
AshShakoor, AshShaakir, Al Hamiid

that He allows us to thank Him, at  
all times, unceasing Ameen

We ask Allah by His name AsSalaam,  
that He gives us eternal peace and  
sakiinah Ameen

We ask Allah by His name

Arrahmanirraheem,

Ghafooruraheem, that he has; never  
ending forgiveness and mercy upon  
us, forever and for eternity Ameen



We ask Allah by His name Al 'Afuww,  
that He pardons us for our  
shortcomings Ameen

Yaa saami'uddua, answer our good  
du'as Ameen

Yaa Al Muhsin give us all khair  
Ameen

Yaa Allah, give us the eternal gift of  
complete submission to you Ameen

Yaa Allah allow us to remain upon  
submission, eternally and  
perpetually, unceasing Ameen

Oh Allah, by your face we ask for  
Jannah Ameen

Oh Allah, Our Rabb, The Rabb of our  
Fathers, The Rabb of our Mothers, by  
all your Names and Attributes, make

the Quran the spring of our hearts,  
the light of our chests and the  
removal of our distresses Ameen

Oh Allah, by your attribute Muqalibal  
quloob, keep our hearts firm  
eternally on your religion Ameen

Yaa Allah, guide us, unite us upon  
the khair, forgive us, have mercy on

us, and give us Jannatul firdaws

Ameen

Alhamdulillah wassalaatu wassalaam

'alaa Rasulillah

## **Bonus Chapter**

## **Spiritual Levitation 1: The Other side of Abstemiousness**

1. Face your fears, and pray to Allah  
always

2. You can never attain true success  
(i.e. in this world and the next life),  
until you worship Allah correctly and  
seek His assistance continuously/  
continually

3. If you choose a life of worshipping Allah in all that you do in your life, then( by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah( whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.

6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything

8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.

9. The more you practice  
Zuhd( Orthodox Islamic  
Abstemiousness), the more your  
heart lets go of the world. Then the  
more the world clings on to  
you( metaphorically speaking)



## **FINAL PRAYER**

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

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## **Bonus Chapter 1**

### **3 types of souls**

1. Mutma innah- Surah Fajr Verse  
27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah  
Qiyaamah(The Resurrection) Verse 2

3.Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim( A sound heart)

2. Qalbun Mareedh( A sick heart)

Oh Allah give us a complete cure  
that leaves no illness Ameen.

3. Qalbun Mayyit( A dead heart)

May Allah protect us from this  
Ameen



## **Bonus Chapter 2**

### **‘Uboodiyah: Beyond Temporary Friendship**

All praises be to Allah and  
salutations and peace be upon the

Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed

1. If you don't let go to worldly love,  
you'll never know which relationship  
is meant to be permanent, and  
which was meant to be temporary;  
for the good of yourself.

Take the example of Prophet Ibrahim (upon him be peace and Salaam):

The important thing (wa Allahu A'laam/ and Allah knows best) is that Allah wanted Ibrahim ( 'aleihimussalaatu wa salaam/ upon him be peace and Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who

would part from the dunia/worldly life from their hearts( wa Allahu A'laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and  
die with Qalbun saliim(a pure heart)

**May Allah guide us all**

**Ameen**

## **Bonus Chapter 3**

**Spiritual Levitation 2: The Other  
Side of Abstemiousness/ Zuhd**

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed

1. Never let go of your( correct)  
religious principles
2. The enemies surrounding you( i.e.  
Shaitan/ satan and dunia/ the

seeming glitter of the world) (and within you, (i.e. your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant(i.e. by supplicating to Allah always), be informed(i.e. seek knowledge) and be ready( for the ongoing spiritual battle/ warfare) and on guard( by beseeching Allah's assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter in your life to begin

4. Whatever is with Allah( by His protection)/ Everything that is with Allah( by His protection) is never lost

5. It is at that breaking point, when you literally( and metaphorically) feel that you are fast-approaching rock bottom( or anguish is about to set in); that is the time to supplicate



for all the good that you wish for.  
Then wait for the miracles that shall  
follow( only by the will of Allah)

6. Always ask for Allah's bounties/  
favours upon you( , whether you  
hear the cockerel crow or not)

## **Bonus Chapter 4**

## **Introduction to Pre-destiny: The Sea Without a Shore**

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed

4 Parts to the Qadar( Pre- destiny of  
Allah)

## 1. Al 'Ilm( knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen( in the future), and also things that **if they were to happen**, how they would happen.

## 2. Al Kitaabah( The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows

best), 50, 000 years before the creation of the Heavens and Earth.

### 3. Mashi a( Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

### ‘Aml( Action/ Deeds)

That Allah created/ creates everything, including our actions.

## **Bonus Chapter 5**

## Knowing Allah Part 2

The Names of Allah have influence in the hearts that know of Him.

The state of shyness of Allah will increase.

When a person sins, his heart is free of imaan at that time.

Ibn 'Abbaas: Like this( imaan is taken away) he meshed his hands together then separated them, then

he said; when he repents, his imaan returns, ( then he meshed his hands together again)

Maa lakum laa tarjuuna lillahi wa qaara; What is the matter with you that you don't return back to Allah( and don't give Him the proper estimation)

Those who sin against Allah( don't believe in Allah properly)

don't have the proper estimation of Allah.

### Chapter 39 Verse 36

Is not Allah sufficient for His slaves.  
They try to frighten you with those  
they worship besides Allah.

If a slave gives Allah the proper estimation, he will have awe/ fear, which will keep him away from sin.

Remembrance( of Allah), is  
obedience to Allah.



The one who is obedient to  
Allah, remembers Him( dhikrullah)

The one who is disobedient to  
Allah, is not remembering  
Him( dhikrullah)

Sa'i'id Ibn Jubair:  
Whoever obeys Allah has  
remembered him.

Dhikr is of 2 types:  
Remembering Allah with the tongue,

and remembering Allah at times of disobedience( and refraining from it)

Knowledge of Allah lends the believer to strive in worship of Allah.

Chapter 51 Verse 17- 18

They used to sleep little by night, invoking Allah, and in the hours of the night, they used to seek forgiveness.

Ignorance( greatest form)- not giving Allah the just/ proper estimate.

Quran: Whoever honours the sacred things with Allah, that is better for him with his Lord.

Surah Nisaa:

Ignorance stems from improper knowledge of Allah, which leads to improper estimation of Him.

From Quran:

Ignorance and foolishness;  
Allah only accepts repentance from  
the one who commits sins out of  
these 2.

A slave only commits sin out of  
ignorance( This was the  
understanding of the Sahaabah)

Ibn Taymeeyah said:

Every disobedient person is  
ignorant, and every person with

awe/ fear ( of Allah) has knowledge of Allah and is in obedience of Him.

Had the fear of Allah been perfected, you wouldn't disobey Him.

## **Bonus Chapter 6**

The more you know Allah, the more  
you fear Him, Quran, Chapter 35  
Verse 28.

It is only the 'Ulamaa that fear Allah.

The most knowledgeable of Allah  
was the Prophet (Peace Be Upon  
Him)

The Slave feels his small sin as a  
mountain.

The Sahaabah feared Allah the most(  
after the Prophets)

Muubiqaat- destructive sins.

Don't look to the smallness of your  
sins, look to the Greatness of The  
One you are disobeying.

If Satan/ Shaitaan cannot get a  
person to sin, he will try to get him  
through riyaa/ show off and pride.

Imaam Ahmed on his death bed said  
“Laa ba’d( not yet)...”. He said “( the  
Shaitaan) Iblees stood by my feet  
biting his fingers saying futtanee;  
you were saved from me, ( he  
wanted Ahmed to feel proud)”

Ahmed said:

Not yet, not yet, not until I die.



One of the fruits of true Imaan, is  
that at death, Allah will make a  
believer firm against Satan

Firm saying, in this world, is saying  
the kalimah( statement of Tawheed)  
at death and being able to answer  
the 3 questions in the grave.

One of the salaf( Abu Bakr) said all  
the names of Allah until he died( not  
Abu Bakr Siddique)

Baqarah 2: 132- 133

“Die not except in Islam( with the statement of Tawheed)”

The most fruitful end is to die in  
Islaam

## **Bonus Chapter 7**

Husna- the best, most perfect &  
most beautiful

In 4 places, Allah mentions that His  
Names are Al Husnaa

Surah A-raaf Chapter 7, Verse 180

Surah Israa Chapter 17, Verse 110

Surah Taha, Chapter 20 Verse 8

Surah Hashr Verse 24

## Husnaa

1. All Allah's names indicate and affirm His perfect attributes, they are names as well as attributes.

Allah is glorified above having names without meaning.

Allah's name is Al Qawii- it implies that He is The Most Strong, neither preceded by weakness or ending.

Al Hayy; Perfect living not preceded  
by non-existence nor ending.  
His name Al Hayy implies his  
knowledge...

Al 'Aliim

The knowledge is not preceded by  
ignorance nor is it ended by  
forgetfulness

## **Appendix**

1. *in ipso momento*- in that particular moment